



# THE BLEND



**BEAUTY & JEWELS** VAN CLEEF & ARPELS brings flora to the fore. When did FLIP-FLOPS get so highfalutin? Inside GRAFF'S Mayfair workshop. The SOFT POWER of Louis Vuitton sneakers. CHANEL celebrates 100 years in London. In the studio with SLIM BARRETT. Fermentation shakes up SKINCARE. The colourful history of LIPSTICK



Clinique La Prairie Epinome, £390 for 30 sachets, [cliniquelaprairie-hh.com](http://cliniquelaprairie-hh.com); opposite page (from top): the powder can be dissolved using a whisk; the supplement can be dissolved in water, juice or any preferred drink



## A new EPIGENETIC supplement by CLINIQUE LA PRAIRIE reflects the Swiss brand's pioneering research into LONGEVITY and WELLBEING

Words by FELIX BISCHOF

A visit to the Clinique La Prairie, a best-in-class Swiss health resort in Clarens-Montreux, entails a patchwork of advanced tests and results-driven treatments. The clinic was founded in 1931 by Dr Paul Niehans, a Swiss surgeon known for his pioneering work in cellular therapy. Pope Pius XII was an early visitor; fellow well-known advocates have included Winston Churchill, Marlene Dietrich, Greta Garbo and Cary Grant.

Here, longevity and wellbeing have remained keywords. There are week-long programmes, such as the Master Detox, or seven days of Revitalisation; some check in for shorter periods of time to complete a health screening. For each stay, the clinic's approach is holistic and programmes are masterminded by a specialised team that counts over 50 medical specialists. There is a 1,600-square-metre spa, cryotherapy, far-infrared therapy – which applies long infrared rays to detox and aid muscle recovery – antioxidant injections, breathwork sessions and blood screenings of minerals and vitamins.

The historical and current-day expertise of the Clinique La Prairie has also inspired a line of supplements. Formulated to be taken year-round, a 'Balance' concoction contains 17 minerals, nutrients and essential vitamins, while 'Energy' features B vitamins and a patented nootropic ingredient. A cleansing cure, the 'Purity' pills should be taken for two consecutive months.

The latest addition to the line is epigenetic: supplements designed to home in on cellular longevity and health, with a positive impact on oxidative stress. Clinique La Prairie's Epinome is billed to help support energy production, cell renewal and restoration of cellular resilience. In addition to the clinic's own CLP Holistic Complex, ingredients include betulinic acid – prized for its potential anti-inflammatory and antiviral properties – and the antioxidant coenzyme Q10. Epinome is to be taken once per day, for a 30-day treatment. **B**

### GOOD TO KNOW

Since it opened in 1931, the 38-bedroom Clinique La Prairie has also looked after figures from the art world. Among them are French painter Georges Braque, a key figure of the cubism movement, which he co-founded alongside Pablo Picasso, another visitor to La Prairie.



Photographs: Neil Godwin at Future Studios for The Blend. Creative direction: Gabriela Sprunt